



CanPowerSkate (including skaters at the Pre-Power level) is geared to skaters aged approximately six or older who already have basic forward and backward skating skills (they must be able to skate the length of the rink using alternate strides) and are able to stop on command without use of the boards. For safety reasons participants should wear full hockey/ringette equipment that is CSA approved. The coach to skater ratio is 1:10. During our CanPowerSkate session we will group skaters based on ability.

Eligibility Requirements

CanPowerSkate is taught in a group environment; therefore, all participants should have basic skating ability and should be able to manage the following skills:

- Be able to get up on their own.
- Be able to skate forward the length of the ice using alternate strides.
- Be able to skate backward the width of the ice using alternate strides
- Be able to stop without the use of the boards.

Skaters who cannot perform these skills on their own may be asked to join our CanSkate program, as this will be a better fit for your skater.

**Maximum 24 skaters
per ice slot.**

Benefits of Participating in CanPowerSkate (CPS)

CanPowerSkate will teach skaters to develop and improve both their personal style of skating plus improve the biomechanical efficiency of their skating. Once the individual is skating efficiently, the focus changes to developing power and speed.

Participants in the **CPS** Program should wear full hockey equipment that is CSA approved. There will be a range of recreational, hockey, ringette and experienced skaters involved in this program.

The **CPS** program is available only to Skate Canada member clubs and sanctioned skating schools.

Only Skate Canada member Coaches trained and certified at a **CPS** Coaches Course are qualified to instruct the **CPS** program.

The CanPowerSkate Session

Each **CPS** class will be 45 minutes in length and run each Tuesday evening from 6:15 to 7pm. The course is made up of drills and instruction on all listed skills.

CanPowerSkate Skills Award Program

The **CPS** program has been designed to systematically advance skaters through six levels of achievement. In Pre-Power, skaters will receive a ribbon upon completion of each of the 3 Pre-Power Levels. Level I focuses on the fundamentals of skating; Level II skaters build on these fundamentals; Level III focuses on agility and quickness. Level IV and above are more advanced levels with

Level VI incorporating stick handling into the circuit.

At the conclusion of the session, skaters are evaluated on their skill level and proficiency of each skill. This determines whether the skater receives a Bronze, Silver, or Gold award. A Gold Award is recommended to be earned before moving onto the next level.

How Long Does It Take to Complete the CanPowerSkate Program?

All skaters must progress at their own speed. The length of time it takes a skater to complete a program is determined by:

- Age, size, maturity and strength.
- The amount of extra ice time
- Quality of equipment



Overview of Skills

Below you will find descriptions of each level and the skills that are included:

Pre-Power Level A

- Hockey Stance
- Forward skating alternating feet
- Forward two foot glide - straight line
- Forward half snowplow stop
- Backward walking
- Forward two foot glide around pylons
- Forward two foot glide with two foot jump
- "V" position with feet
- Forward sculling

Pre-Power Level B

- Forward one foot glide - straight line
- Forward one foot glides around pylons
- Backward sculling
- Backward two foot glide - straight line
- Backward skating alternate feet
- Backward half snowplow stop
- Backward two foot glide with two foot jump
- Full forward snowplow stop
- Forward circle thrusts

Pre-Power Level C

- Glide turns
- Forward one foot glide on a curve (inside and outside)
- Forward crossovers
- Backward one foot glide - straight line
- Backward one foot glide on a curve (inside and outside)
- Full backward snowplow stop
- Two foot jump forward to backward (moving)
- Backward circle thrusts
- Side stops

CanPower Level 1

Forward stride
Backward stride
180 Degree tight glide turn
Backward Snowplow Start (V-start)
Forward Side Stops (two feet)

CanPower Level 2

Forward Crossovers
Backward Crossovers
Fast Forward Start (V start)
Backward to Forward 180 Degree Pivot

CanPower Level 3

Fast Forward Crossover Start
Forward to Backward 180 Degree Pivot
Backward Snowplow Stop/Start (one foot)
Reverse Pivot Turn

CanPower Level 4

Forward Side Stop/Start (1-ft.)
Reverse 360 Degree Pivot
Forward Crossover - Quick
Change of Direction
360 Degree Tight Glide Turn

CanPower Level 5

Forward Change of Speed
Forward Lateral Movement
Backwards Lateral Movement
Fast Backward Start
Backward to Forward 45 Degree Pivot
Forward 360 Degree Spin

CanPower Level 6

A combination of all skills incorporating use of a puck/ring.



Skaters should be equipped with....

Full hockey gear
Hockey Skates
CSA approved Helmet
Hockey Stick

Check our website for on-line registration information:
www.tgiceskatingclub.com

Sessions:

KickSTART (Sept)
Fall (Oct-Dec)
Winter (Jan-Mar)
Spring (Apr-June)

Questions?

Email:

registrar@tgiceskatingclub.com

Or Call: 403-471-9623

Thorncliffe Greenview Ice Skating Club

Is Pleased to Offer

**CanPowerSkate
Tuesday 6:15-7pm**



**Forbes Innes Arena
5600 Centre St. N.**

www.tgiceskatingclub.com

